THE RELATIONAL EDGE PRESENTS

LIFE • LOVE • LEADERSHIP

Three Labs for living, relating, and leading with greater intention.

How we relate changes what becomes possible.

We can change our calendars, set better goals, read another book, or promise ourselves that this year will be different.
But sooner or later, we bring ourselves—and our familiar patterns—along for the ride.

Life, Love & Leadership is a three-part series about the human side of change: understanding ourselves, strengthening our relationships, and becoming more intentional about the impact we have on others.

LIFE → LOVE → LEADERSHIP

WITHIN → BETWEEN → IN ACTION

ONE FRAMEWORK. THREE PLACES TO PUT IT TO WORK.

JT Executive Coaching & Consulting
The Relational Edge

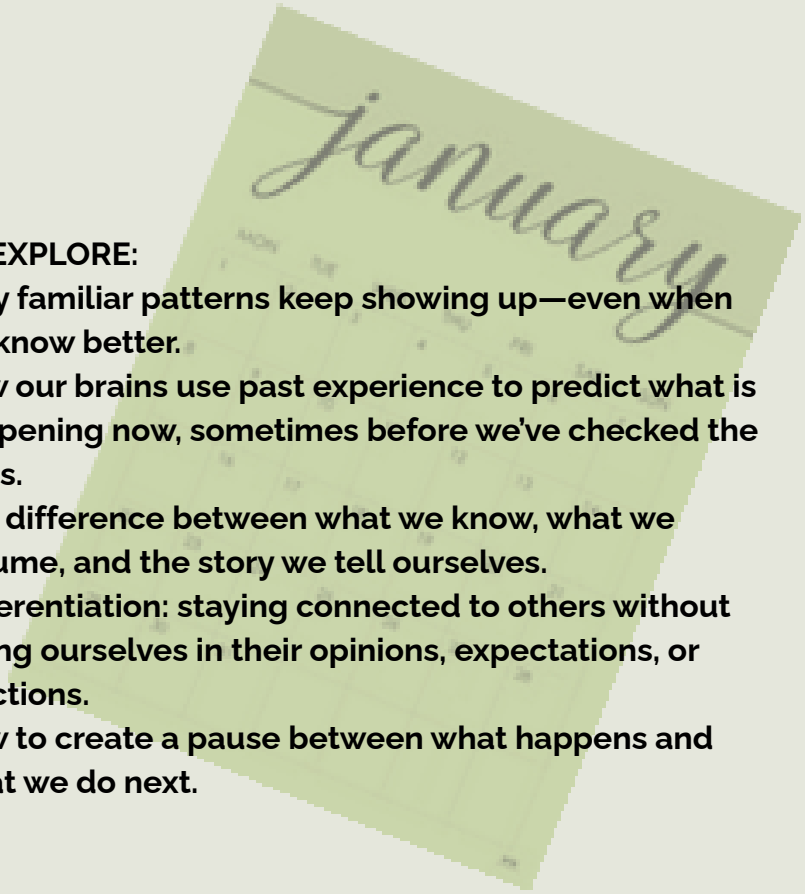
JANUARY: LIFE

The Relational Edge Within
Know (and grow) Yourself

Start the year by getting intentional about the person you're bringing into it.
Resolutions are easy to make. Being the person who follows through when life gets busy, uncomfortable, or downright irritating? That's the more interesting work. In this Lab, we'll look beneath the usual advice to try harder and explore the patterns, assumptions, and familiar responses that shape how we show up. Not to fix everything about ourselves—because that sounds exhausting—but to understand ourselves well enough to have more choice.

THE QUESTION:
How do I want to show up this year?

BEFORE YOU CHANGE YOUR CALENDAR, YOUR CAREER, YOUR RELATIONSHIPS—OR YOUR GOALS—CONSIDER THE PERSON WHO IS SHOWING UP FOR ALL OF IT.



WE'LL EXPLORE:

- **Why familiar patterns keep showing up—even when we know better.**
- **How our brains use past experience to predict what is happening now, sometimes before we've checked the facts.**
- **The difference between what we know, what we assume, and the story we tell ourselves.**
- **Differentiation: staying connected to others without losing ourselves in their opinions, expectations, or reactions.**
- **How to create a pause between what happens and what we do next.**

YOU'LL LEAVE WITH:

- **A clearer view of one pattern you want to shift,**
- **A more useful question to ask yourself when it shows up,**
- **And a small experiment to help you respond with greater intention.**

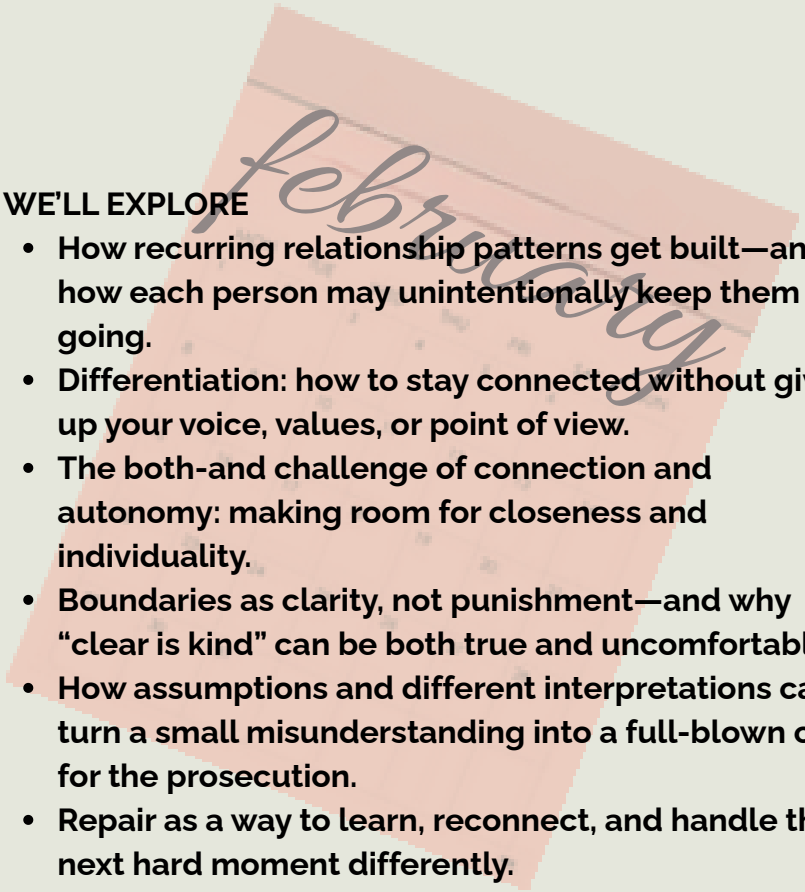
FEBRUARY: LOVE

The Relational Edge Between
Strengthen Your Relationships

Whether it's a partner, family member, friend, or someone who knows exactly how to push your buttons (and insists they don't), relationships have a way of bringing our familiar patterns to the surface. This Lab looks at what happens between people: how two well-intentioned humans can get caught in the same frustrating dance, each convinced the other one is the problem. We'll shift the focus from "Who started it?" to "What are we creating together—and what part of that can I change?"

THE QUESTION: What are we creating together—and what part of that can I change?

YOU DON'T NEED TO AGREE ON EVERYTHING. YOU DO NEED A WAY TO HANDLE IT WHEN YOU DON'T.



WE'LL EXPLORE

- **How recurring relationship patterns get built—and how each person may unintentionally keep them going.**
- **Differentiation: how to stay connected without giving up your voice, values, or point of view.**
- **The both-and challenge of connection and autonomy: making room for closeness and individuality.**
- **Boundaries as clarity, not punishment—and why "clear is kind" can be both true and uncomfortable.**
- **How assumptions and different interpretations can turn a small misunderstanding into a full-blown case for the prosecution.**
- **Repair as a way to learn, reconnect, and handle the next hard moment differently.**

YOU'LL LEAVE WITH

A way to recognize a familiar relational pattern, questions that invite curiosity instead of escalation, and one practical change you can make without waiting for the other person to go first.

MARCH: LEADERSHIP

The Relational Edge In Action
Lead With Intention

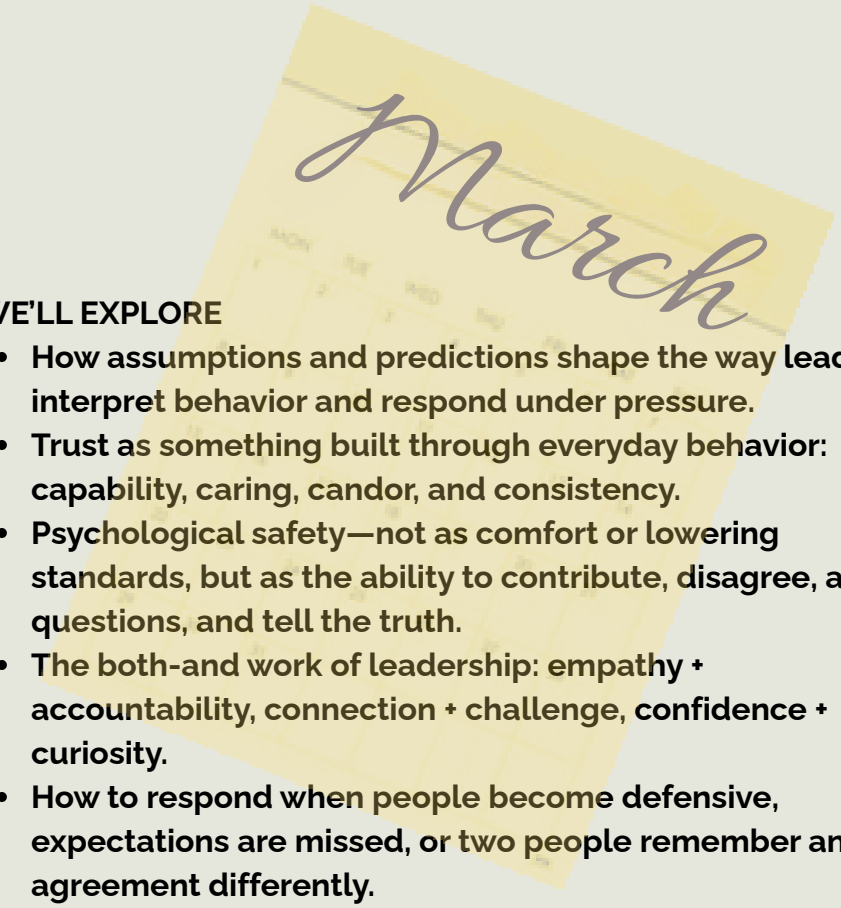
Getting results through people requires more than being the person with the title—or the answer.

Every organization has plans, priorities, and processes. It also has human beings interpreting messages, navigating expectations, managing uncertainty, and trying to get work done together. The quality of those relationships affects what people share, how they handle mistakes, and whether difficult conversations lead to better work—or more workarounds.

This Lab brings the Relational Edge into leadership: how to create clarity without unnecessary harshness, hold people accountable without shaming them, and have conversations that move the work forward.

THE QUESTION: What happens to other people because of how I show up?

LEADERSHIP ISN'T JUST WHAT YOU DO. IT'S WHAT PEOPLE EXPERIENCE WHEN THEY'RE AROUND YOU.



WE'LL EXPLORE

- **How assumptions and predictions shape the way leaders interpret behavior and respond under pressure.**
- **Trust as something built through everyday behavior: capability, caring, candor, and consistency.**
- **Psychological safety—not as comfort or lowering standards, but as the ability to contribute, disagree, ask questions, and tell the truth.**
- **The both-and work of leadership: empathy + accountability, connection + challenge, confidence + curiosity.**
- **How to respond when people become defensive, expectations are missed, or two people remember an agreement differently.**
- **A practical sequence for difficult conversations: Observe → Get Curious → Clarify → Reset → Follow Through.**

YOU'LL LEAVE WITH

A practical way to prepare for a difficult conversation, language for clarifying expectations without turning the conversation into a courtroom, and one small action to strengthen trust in your team or organization.

The Series

Come curious. Leave with something useful.

These are not lectures about becoming a perfect human, partner, or leader. They are 90-minute Labs for seeing familiar patterns more clearly and experimenting with a more intentional response.

LIFE • LOVE • LEADERSHIP AT A GLANCE

LIFE
The Relational Edge Within
Grow Yourself

LOVE
The Relational Edge Between
Strengthen Relationships

LEADERSHIP
The Relational Edge in Action
Lead with Intention

About The Relational Edge

Where leadership and relationship development meets psychological depth—minus the therapy couch.

The Relational Edge is a practical, research-informed framework for understanding what happens within us, between us, and because of us. It brings together the depth of a PhD-level psychotherapist, the perspective of an executive coach and experienced leader, and decades of work helping people navigate the relationships that shape their lives and work. Because performance, connection, and meaningful change don't happen in a vacuum. They happen through relationships.

Whether we're navigating familiar patterns in our personal lives, strengthening connection with the people we love, or addressing communication breakdowns and trust at work, the Relational Edge helps us see what's happening, understand our part in it, and choose a more intentional response.
This isn't about becoming a perfect person, partner, or leader. It's about becoming more intentional about how we show up—and what becomes possible when we do.

DATES, LOCATION & REGISTRATION

LAB	DATE	TIME
LIFE	1/8/2027	9:00 -10:30
LOVE	2/12/2027	9:00 -10:30
LEADERSHIP	3/5/2027	9:00 -10:30
All meetings at: 985 Technology Blvd, Suite 101 Bozeman, MT 59718		

$125 per Lab | $325 for all three
Questions: jillthorngren@gmail.com
Website: jillthorngrencoaching.com

Field-tested strategy. Real relationships. Practical application—with substance, a little humor, and no need for a group therapy circle- unless you want!

How we relate changes what becomes possible.

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